

## Easy Low-Carb Maple Glazed Ham

### Ingredients

10 pound hickory smoked ham, fully cooked  
1 teaspoon maple extract  
1 teaspoon dry mustard  
1 teaspoon white vinegar  
3 tablespoons bourbon  
1 cup Splenda (start with 1/2 cup, taste and add more if desired)  
1 tablespoon whole cloves

### Preparation

Preheat oven to 325 degrees.

Put ham cut side down in a shallow baking dish and form a tent with aluminum foil, loosely sealing.

Bake in preheated oven for 1 hour.

In a glass bowl, whisk together the maple extract, dry mustard, white vinegar, bourbon, and Splenda, and set aside.

When ham is done, remove from oven, take off foil, and turn ham over in the baking pan so you are looking at the fatty side.

With a sharp paring knife, cut shallow criss-cross pattern (like tic-tac-toe) into the fatty side, in about 1/2 to 1 inch square shapes.

Stick a single whole clove in the center of each square you made.

Whisk the glaze again, then pour evenly over the top of the fatty side of the ham, over the cloves, and put back in the oven (uncovered) for about 25 to 30 minutes or until golden brown on top. You can ladle the glaze in the pan back over the ham once during the cooking time.

Remove and let stand for 10 minutes, slice and serve warm, with pan drippings poured over each slice if desired.